

Introduction

How to Use the Book

This textbook was designed in such a way that you will be able to gain the necessary information on how to establish a healthier lifestyle and to better understand the close relationship between your physical health and fitness and how you see your total self. It is widely believed that how teenagers feel about their bodies directly affects their body images and self-esteem. As you will note from the U.S. Surgeon General's Report in Chapter 1, this could be the most important course you will take in high school.

Prior to reading each chapter, note the objectives at the beginning of the chapter. They are written in the form of questions to help you identify the important concepts to be learned in that specific chapter. Also review the vocabulary words that will be presented. If these words are new to you, review their meaning by using the glossary in the back of the textbook. You should then scan over the A level headings to obtain a general overview of what you will be reading about.

As you begin reading, you will note that each chapter contains helpful information that will broaden your understanding of health and wellness. The wellness connection topics include information regarding goal setting, safety, Internet resources, nutrition, stress, consumer issues, and use of technology in developing your personal fitness plan. There is a short description for each of these connections following the introduction. As you finish reading the chapter, attempt to answer the review questions. Attempting to recall information is better than just rereading with no purpose. If you can not recall an answer to a question, go back and reread that specific information rather than the entire chapter.

Wellness Connections

The following connections are in every chapter as shown.

GOAL SETTING

All successful athletes and business executives understand the need to set goals. We want to get you in the habit of setting goals early on. This information not only reminds you to establish a goal for personal fitness improvement, but these hints can carry over to all of life's challenges.

SAFETY AWARENESS

This may contain safety tips or issues that are specific to each chapter. We want you to start thinking about safety, as this is especially important for your age group. While cardiovascular disease is the major cause of death over one's life span, accidents are the most frequent cause of death for your current age group.

Reference information needed throughout the course to develop your personal fitness plan is centralized in the appendices. While some of the information is first presented in individual chapters, the information is repeated in the appendices so that it can be easily located.

A very unique feature of this text is that you will be assisted in establishing a personal fitness program that you will follow throughout the course. This will provide you with an excellent opportunity to set personal goals in areas you would like to improve. Getting into the habit of being physically active is not an easy habit to establish, if you are currently an inactive person. By developing and following a personal fitness program throughout this course, you will be well on your way to living a lifestyle that will enable you not only to feel good about yourself, but also to live a healthier and longer life. Your teacher will assist you in learning the necessity of practicing and working at becoming a healthy and fit person, just as you would need to work at becoming an accomplished musician or athlete.

You will have the opportunity in each chapter to explore valuable worldwide resources through the Internet to gain additional information about all aspects of fitness and health related topics. These sources will enable you to gain information about many additional questions you may have that are not included in the text. Many sites offer calculators to help you determine your training heart rate, calories burned, or help you plan your work-out program or assist with nutritional food selection and menu planning.

A key objective of this book is that you will become an advocate of the pursuit of optimal health and fitness. An advocate is a person who believes strongly in something, and in this case, you would believe strongly in trying to be as healthy and fit as possible. If this occurs, you will not only know how to establish your own personal fitness, but also help other family members understand the importance of being physically active.



Nutrition Information

This information contains suggestions regarding your dietary selections. We want you to think about lifestyle habits in all wellness areas early on. As you will learn in this course, good health is obtained by a combination of physical activity and proper nutrition.

STRESS INFORMATION

This information includes stress-management suggestions related to the chapter contents. These suggestions will assist you to implement positive stress-coping strategies to prevent the various illnesses caused by stress.



Consumer Issues

This information contains consumer issues related to the chapter contents. One of the major benefits of this course is that you will obtain the knowledge necessary to become a knowledgeable consumer. As a result of becoming a well-informed consumer, you will be able to make wise decisions in product safety to not only protect your bank account, but your health as well.



Internet Resources

This information will reference you to Internet links specific to the chapter contents. Due to technology and the World Wide Web, individuals are no longer limited to the resources of their local libraries. Resources throughout the world are now literally at your fingertips. In addition, the links will also assist you in the development of your personal fitness plan.



PFP Technology Activity

This is information about how you can use technology to help apply the chapter contents to your personal fitness program. The need for participating in physical activity will become more important as society becomes more sedentary. This section will assist you in using technology to your advantage and in maintaining your personal fitness program.